



Círculo
CONSCIENTE
Honrando el Pasado, Sanando el Presente

HOW TO OVERCOME MY GRIEF

"Grief is not overcome, it is learned to walk with it."





WHY DO THIS EXERCISE?

Losing a loved one or a life event is painful. This exercise aims to guide you through the process of accepting, letting go, and transforming the loss into love and memory.

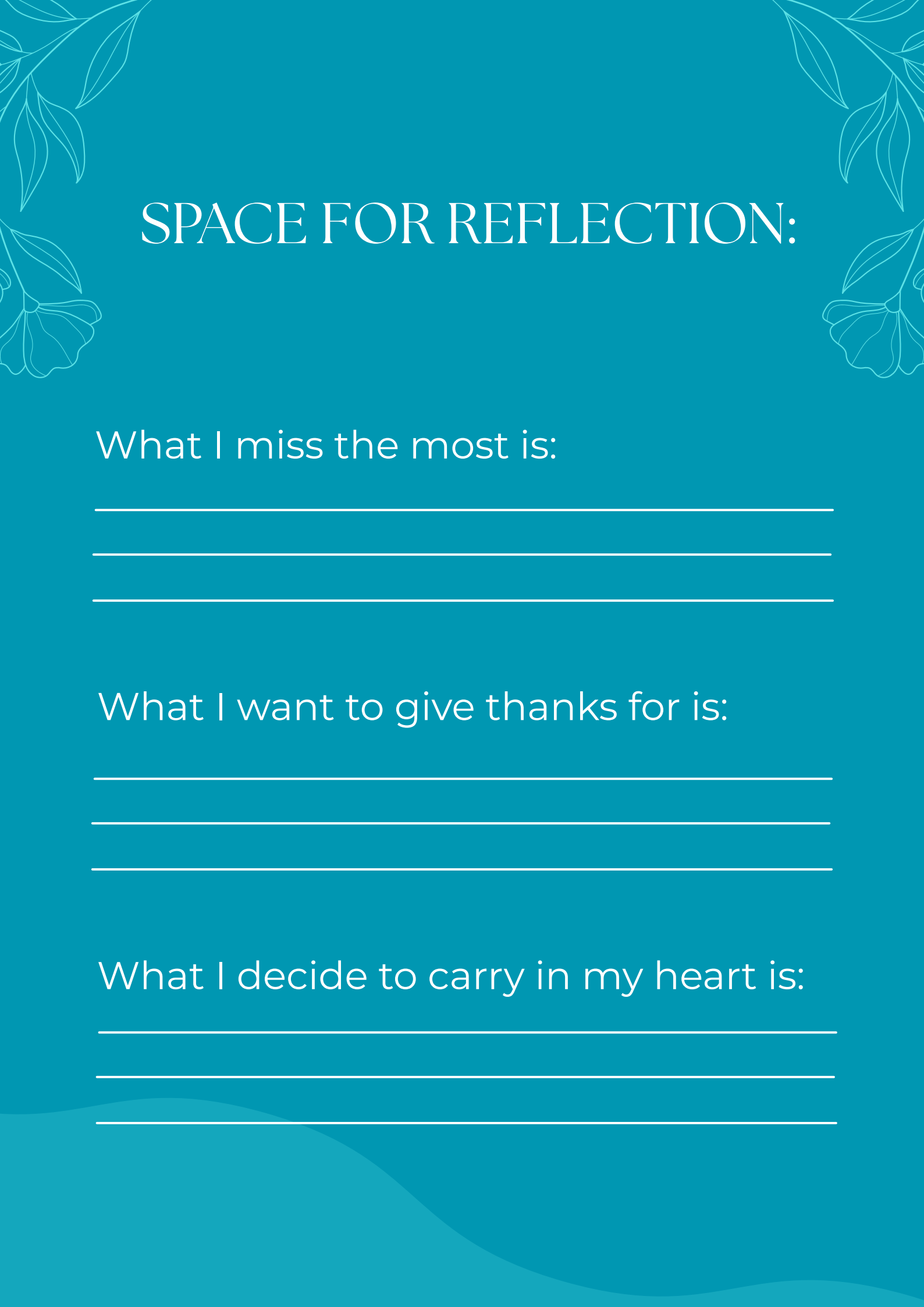


Steps to follow

1. Find a quiet place and write a letter to the person or situation you lost.
2. In the letter, express what you didn't get around to saying, your feelings, and what you're grateful for.
3. Read the letter aloud, in a loving farewell tone.
4. Burn, bury, or save the letter as your heart desires.
5. Take a deep breath and repeat:

“I accept what I have lived and experienced, I honor your memory and I choose to move forward with love.”





SPACE FOR REFLECTION:

What I miss the most is:

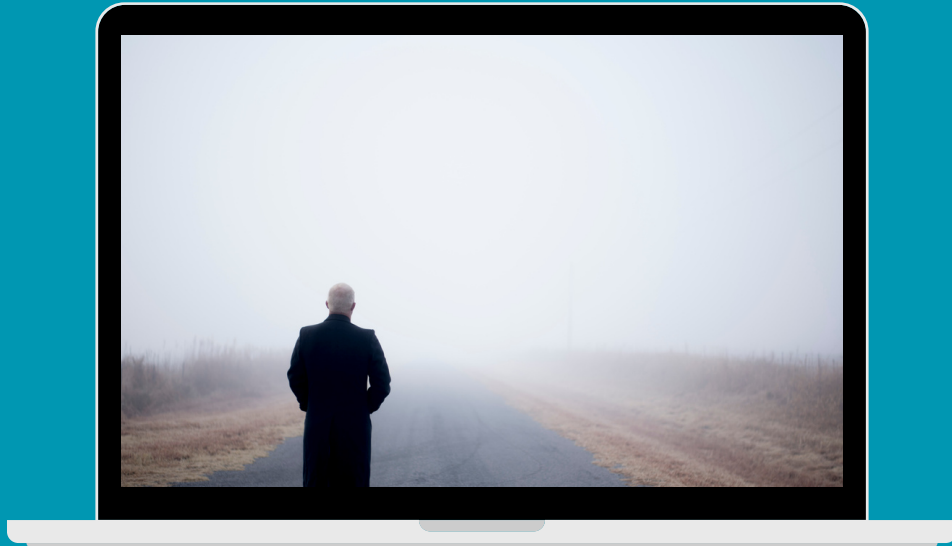
What I want to give thanks for is:

What I decide to carry in my heart is:



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“GRIEF IS A BRIDGE: AS WE
CROSS IT, WE TRANSFORM THE
PAIN INTO ETERNAL LOVE”.

“Honoring the past, healing the present.”

THANK YOU